

Stress

is a normal part of everyday life for children and adults. It helps to motivate us and adds a positive challenge to life. However, too much stress can be counter-productive and overwhelming.

Why focus on children's stress?

Too much stress causes problems for kids. Excessive stress:

- has a profound effect on children's physical, emotional and mental health
- Makes it more difficult for children to get along with others
- interferes with children's ability to focus and think. If they are afraid or anxious, children may spend so much energy worrying that they are unable to learn.

The signs and symptoms of stress can often be seen in challenging behaviours "Children may be reprimanded by teachers or parents for actions that are really stress reactions, rather than intentional misbehavior or poor cognitive ability."



Learning to handle stress is an important life skill for everyone.



Developed by The Psychology Foundation of Canada, KHST!®, the KHST! program is designed to influence young children's social and emotional development.

This program teaches educators, parents and other caregivers to help children enhance their physical, mental, emotional and behavioural coping skills, thinking styles and key abilities during the important window of opportunity throughout the preschool and elementary school years.

The program includes a range of resources designed for those who work with parents, with young children directly in early learning settings, and for classroom teachers.

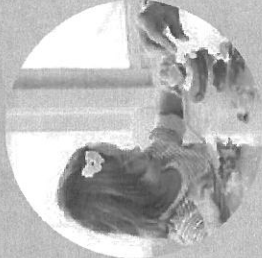
The KHST! program helps parents, caregivers and teachers learn:



the impact of stress on young children how to recognize and respond to stress in children



the key role relationships with parents and caregivers play in helping children learn to manage stress



age-appropriate stress-management techniques that help teach children to relax and become more resilient



effective ways to promote positive emotional development and self regulation in young children

How do we know the KHST! program works?

The KHST! has been professionally evaluated in a range of settings. The results of an evaluation conducted with ECE students demonstrated that KHST! training increased their knowledge and skills, and provided them with a greater ability to recognize and understand the impact of stress on children. More importantly, the evaluation showed that students gained a range of practical coping strategies they could teach children to help them successfully manage their own stress.

In an evaluation conducted with parents, 88% reported both a significant increase in their understanding of children's reactions to stress, and in their own ability to help their children cope effectively with stress. Parents indicated that the program increased their sense of competence to model and teach stress-management strategies to their children, and that techniques and approaches contained in the program were relevant and effective.



What participants have said

"Great information, good mix of activities. I also found this course useful with my own children."

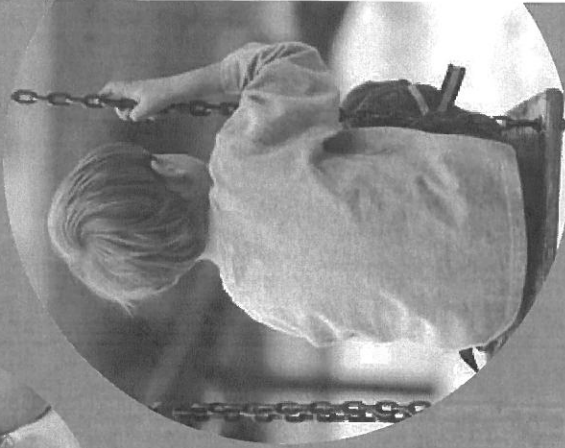
— Public Health Nurse

"If all educators of young children were aware of and implemented KHST! consistently in their programs, children would have a strong basis for self awareness, self regulation, emotional literacy and social competence."

— Early Childhood Education Faculty Member

"Thanks for the information. It has not only helped to reduce my kids' stress, but also my own!"

— Parent



Kids Have Stress Too!®

a program of the Psychology Foundation of Canada

For further information on Kids Have Stress Too!® and Kids Have Stress Too!® workshops:
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